

TRACKING ...

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The Fort Jackson Leader

Thursday, August 12, 2010

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Back to school



Photo by KRIS GONZALEZ

Debbie Jernigan, fifth-grade teacher for C.C. Pinckney Elementary School, hangs a calendar as she prepares her classroom for the new school year, which begins Aug. 19. Pinckney will now house only third through sixth grades.

Changes on tap for on-post schools

By KRIS GONZALEZ
Fort Jackson Leader

As Fort Jackson students head back to school next week, the new year will bring lots of changes, including a new principal, new staff and plenty of classroom transformations.

C.C. Pinckney Elementary School's new principal, Sherry Schneider, is already on the job, preparing to meet the third through sixth-graders whose education she'll be

overseeing starting Aug. 19.

The Michigan native said she can't wait for classes to begin.

"The campus is gorgeous and everybody is so polite and friendly; it's fantastic," Schneider said. "I'm really excited."

Schneider, whose career in education spans back to 1990, said she's hoping to bring a sense of collaboration and team building to the school.

"I firmly believe that all students can achieve and learn," Schneider said. "We

just need to find the right strategies and techniques, and the best way to do that is through collaboration."

She said her main objective is to foster an environment that helps students advance as they continue to move into the 21st century.

But as Schneider moves in to Pinckney, the second graders will be moving out.

Fort Jackson's second-grade students will be attending Pierce Terrace, where prin-

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Social media offers potential, pitfalls

I will be the first to admit it. I do not understand all of the intricacies and ins and outs of social media, but I do understand the benefits both personally and professionally. I recently have created a Facebook page as a means to connect with my friends and family, as well as with Soldiers and their families. At times, it has been difficult for me to understand all that the site has to offer. For example, how to manage my security settings and what it means to “like” a comment, or tag a photo.

Nevertheless, I can already recognize the amazing potential of social media. The user has the ability to reach out to an audience far beyond the range of traditional media. Case in point: *The Fort Jackson Leader* Facebook page has enabled thousands of family members of Basic Combat Training Soldiers here at Fort Jackson to share their common experiences and provide support for each other as they await the graduation of their Soldier in training.

For most Facebook users, the dialogue is audience to audience. But it is important to remember that as a Soldier, your communication can be perceived as Army to audience. Although you are only stating your opinion, it might be a far cry from the official position that the Army takes. You need to stay aware of that fact. It’s an important one that our public affairs specialists always stress when conducting their media training classes. The message here is simple; be careful of what you say. You

**MAJ. GEN.
JAMES M. MILANO**
*Fort Jackson
Commanding
General*



are representing the Army, although you might be off duty and lounging around in your civilian clothes with your laptop.

There are a number of operational security concerns, as well, that we should keep in mind when using social media, not only Facebook, but also Twitter, Flickr, YouTube and any other social networking site. There is no such thing as being too cautious. Although social media is a great chance to interact with family, friends and colleagues, OPSEC is a 24/7 exercise of protecting critical and sensitive information on the job and at home.

The problem sometimes with technology is that it leaps so fast, making it hard to recognize any of the possible hidden dangers before some damage is done. If you use caution and common sense, coupled with security settings, you are off to a good start.

The correct implementation of social media at Fort Jackson is important because our main demographic — young BCT Soldiers — are heavily engaged in the use of the new technology. We have a memorandum in place (Policy Memorandum 7-4, Use of Social Media) that spells out what is permitted. It contains specific information regarding content. Any blogger should be aware of our policy before posting written material or photographs. Also, I hold commanders and directors accountable for quality assurance and they are also expected to train and educate their people on security, OPSEC, and network-assurance measures to mitigate threats.

As for individuals who participate, they are accountable and responsible for quality assurance of material they post to social media in an official capacity. Additionally, they are accountable for the misuse of official information they improperly post in a non-official capacity.

We leaders recognize that Soldiers are the Army’s best spokespeople. We also encourage Soldiers to show personal pride in their jobs. However, Soldiers need to maintain the same professional conduct and discipline in the virtual world as they do in the real world. There are standards, as well, that need to be met.

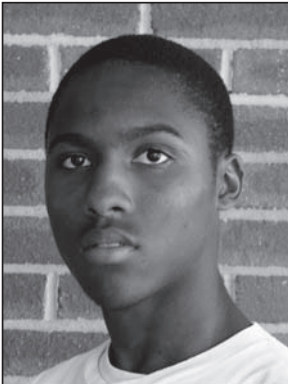
Army Strong and Victory Starts Here!
My Facebook site is located at: <http://bit.ly/c86Da0>.
You can also search for Mike Milano on www.facebook.com.

Fort Jackson talks back: Leader correspondent Jamora Hamilton asks teenagers: ‘What is one thing that you would change about Fort Jackson?’



Omar Oliphant
19 years old

“Have more gate spaces when traffic gets backed up.”



Keelsley Sulton
17 years old

“More activities just for teens, like a skating rink on post.”



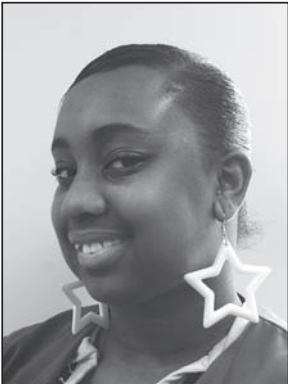
Chantel Foster
16 years old

“The Youth Center ... that the little kids and big kids are in the same building.”



Sabrina Jackson
15 years old

“Traffic buildup on graduation days.”



Secoya Lee
15 years old

“Nothing. I enjoy bowling and shopping at the PX.”



Terrieanne Marie
18 years old

“Nothing. I like going to the water park.”

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Garrison takes up community issues

School, housing top meeting topics

By KRIS GONZALEZ
Fort Jackson Leader

Back-to-school and housing issues topped those raised during a garrison town hall meeting Aug. 5 at the Solomon Center.

Garrison officials gave updates about post initiatives before initiating a question and answer session for audience questions.

Though the meeting's theme was "back-to-school," dialogue revolved around a variety of topics, including child care, services for exceptional family members and housing dilemmas on and off post.

The event marked the first town hall meeting hosted by Col. James Love, who took command of the garrison in June.

"This community exchange of dialogue is extremely important," Love said. "Because it's our job to make sure all that we're doing here at Fort Jackson is what's best for the Soldiers, civilians and families who live and work here."

Keisha McCoy-Wilson, school liaison officer, led the forum with a brief overview of what Fort Jackson community members can expect when children head back to school next week.

She asked parents to be aware of what documents are required to enroll their children at both on- and off-post schools. For instance, in some school districts in the surrounding area, she said, additional proof of residence and information may be required for registration. She encouraged anyone with questions to contact her or Ann Gordon, Richland One school liaison, at 751-6150.

Col. Ramona Fiorey, commander of Moncrief Army Community Hospital, announced that MACH has designated Friday for all Fort Jackson children to get physical examinations required for school or to participate in sports.

About 200 appointments will be available for children to be seen by one of 14 providers at the Family Health Clinic, Fiorey said. She asked that parents call 751-CARE, or 751-2273, to make an appointment, and to download the specific physical examination forms from each school's website prior to coming to the clinic.

Sean O'Brian, Fort Jackson safety director, asked all drivers to slow down, and "to expect the unexpected where children are



Photo by KRIS GONZALEZ

Spc. Heidi Glenn, food inspector for Veterinary Services, hands Lewis Kellam, operations officer for the Directorate of Plans, Training, Mobilization and Security, her ticket to claim a door prize at the town hall meeting Aug. 5 at the Solomon Center. Glenn was one of four winners to receive AAFES gift certificates and FMWR coupons.

present or may be present."

O'Brian stressed that drivers need to, as much as possible, eliminate distractions. He reminded the crowd that using electronic devices while operating a motor vehicle is not authorized at Fort Jackson.

He also encouraged parents to teach their children pedestrian safety, as well: cross at designated areas only; look left, right, then left again before crossing; walk, not run; and never walk in between cars.

Col. Ronald Taylor, director of emergency services and provost marshal, said job postings have been announced for three school crossing guards. Until those positions are filled, military police officers will stand in at the crossing sites, which are located at Imboden and Chestnut, Imboden and Miles, and Miles and Brown. Taylor asked that any parents interested in volunteering to be a Safety Aid/School Crossing Guard should contact Byron Jones at 751-6834.

Taylor also said that police officer Lionel Brown will be the School Resource Officer for both Fort Jackson elementary

schools, three officers will begin teaching the D.A.R.E. program in September and the semi-annual Ident-A-Kid event is scheduled to take place again this fall.

Nancy Kessler, PX store manager, talked about upcoming sales and promotional events.

Before engaging in a question and answer session, garrison officials addressed three issues that were raised at the last town hall meeting in May.

— There is no requirement for drivers to have a special decal or sticker on their cars if they live in the housing area.

— If an on-post resident has a satellite dish that is not being used, he or she must contact Balfour Beatty to have it removed.

— If satellite or telephone wires are exposed in the housing area, contact Balfour Beatty for assistance.

Some of the questions asked by community members regarding housing concerned sand pits and lawn maintenance, retaining walls, water accumulation in homes and the housing assignment waiting list.

Emma Watson, Residential Communities Initiative director, addressed the audience members' frustrations and asked community members to understand that the housing office is going through "growing pains" as residents are relocated from older to newer housing, as well as accommodating those on the already existing housing assignment waiting list.

"We will do what we need to do to correct the process if there's a disconnect somewhere," Watson said. "Because the goal is, for everybody going into housing ... to treat them equally and fairly."

Other concerns included the lack of developmental pediatricians on post or in the surrounding areas; the hours of the skateboard park; and child care for children of single parents.

Following the Q&A session, a few attendees were awarded door prizes and everyone was invited to eat free pizza.

The next town hall meeting is scheduled for 6 p.m., Nov. 4 at the Solomon Center.

Kris.Gonzalez1@us.army.mil

Housing Happenings

COMMUNITY UPDATES

□ Sandra Good received \$100 for being the customer comment card winner for July. Residents who return a comment card after interacting with Balfour Beatty Communities staff will be entered into the monthly drawing.

□ The next neighborhood huddle is scheduled for 10 a.m., Aug. 24 at the Community Center. The neighborhood huddles allow residents to raise issues, concerns or give comments regarding housing.

□ For optimal results, grass should be watered in the mornings or evenings only. The most ideal times are before 10 a.m. or after 6 p.m.

□ The mayoral council is looking for volunteers to serve as mayors and vice mayors in the housing community. Being part of the council allows residents to be a voice for the community and raise ideas and suggestions to improve the quality of life on Fort Jackson. Residents interested in becoming a mayor or vice mayor should contact Vickie Grier at 751-7567.

□ LifeWorks events are free and open to on-post residents. Residents who have suggestions for events can contact Alana Youngblood at 738-8275 or ayoungblood@bbcgrp.com.

□ Residents and visitors are urged to watch their speed while driving through housing areas. Also, parking on the street can obstruct the views of drivers.

□ Residents who are interested in using the Community Center for a personal function can call 738-8275 to make a reservation.

CMS Corner

The Customer Management System at Fort Jackson is a three-tiered feedback system established to determine the satisfaction of those who work, train, live and play on the installation.

CMS includes the Interactive Customer Evaluation system, Community FIRST/AFAP and Customer Service Assessments. This feedback enables the garrison to focus on specific actions aimed at improving customers' experiences of post services.

A complete list of Community FIRST issues can be found at <http://www.jackson.army.mil/WellBeing/wellbeing.htm>. New issues may be submitted on the site as well, by clicking on "Submit an Issue or Recommendation" or on the Community FIRST/AFAP logo.

Become a friend of CMS on Facebook by logging on to www.facebook.com. Search for CMS Fort Jackson.

"Let your voice be heard!"

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Fort Jackson teens talk back

By JAMORA HAMILTON
Special to the Leader

Adults are not the only ones making decisions on Fort Jackson. Teens discussed their concerns at the Community First/Active Family Action Plan teen focus group Aug. 5.

Dennis Ramirez, with Customer Management Services, encouraged the 11 group members to come together and talk about issues they may have in the community. The role of these delegates was to represent all of the teenagers who participate in the services on Fort Jackson.

Spokesperson Lauren Hearon, 18, was elected by the group to present three issues to Scott Nahrwold, deputy garrison commander.

"I learned that everybody has a voice, everybody has their own personal opinions and that if we put all of our opinions together, that's when we get a lot done," Hearon said.

The teens were each given a list of action words to make their statements more powerful. They learned how to verbalize their thoughts clearly and use facts to support their positions. The group then had all the tools the members needed to create a list of issues that had the greatest effect on teens' lives.

"When you have a problem, you are only part of the solution if you help with the solution," facilitator Peggy Cornwell said.

The focus group was facilitated in a way that encouraged the teens to discuss their personal ideas with confidence. The teens were also responsible for developing ideas on their own, without pressure — or interference — from any of the adult observers in the room.

According to the group, the 760-square foot teen room in the Youth Services Cen-



Photo by DENNIS RAMIREZ, Customer Management Services

Lauren Hearon, 18, standing, presents concerns from the Teen Focus Group discussion to Scott Nahrwold, deputy garrison commander, Aug. 5 at the Family Readiness Center.

ter has become too cramped for all of its members. Pashion Tyson, 15, said that people are so close that they sometimes get hit by pool cues. The group proposed that one of the five rooms reserved for younger children could be made into an additional teen room.

Another issue provided by Tyshon Coleman, 13, was the minimal shoe selection at the PX. The teens said they could no longer find their desired brand at the store, forcing them to take their business elsewhere.

The third issue, suggested by Antonio Lang-Green, 15, was that a music/dance facility be established on post so that everyone could have the opportunity to learn how to play various instruments and

make their own music.

"The goal of the focus groups is for the garrison commander to hear the voice of the customer. All the people who live, work and train on Fort Jackson need to be heard," Ramirez said.

Ramirez is also in charge of other focus groups, such as one for wounded Soldiers, which will take place later this month.

"We are constantly seeking feedback to improve the things we do on Fort Jackson," Nahrwold said. "We expect you (the teens) to go out and be disciples for us."

As for the teens, it was clear that they enjoyed the session: when asked who would participate in another focus group, 11 teenage hands were raised into the air.

SSI offers instructor, faculty training

From the Soldier Support Institute

Fort Jackson's instructors and trainers can now enhance their skills through the Soldier Support Institute's Staff and Faculty Development Training program.

The course, which is for those who are instructors, training developers, evaluators, first-line managers or supervisor of instructors, is 13 days of classroom instruction that culminates in three classroom presentations.

Staff Sgt. Christopher Lynch, Company B, 187th Ordnance Battalion said he found the course beneficial.

"This course has a lot of great information and techniques to help instruct today's future leaders. I think it needs to be longer due to the class tempo and work that needs (to be) done."

In order to graduate, students are required to demonstrate an understanding of TRADOC standards by presenting a 20-minute demonstration, a 25-minute conference and concluding with a

45-minute presentation.

The curriculum consists of a series of instructional modules designed to teach students how to plan, prepare, present and evaluate training using the Systems Approach to Training Process (also referred to as the Analyze, Design, Development, Implement and Evaluate Model).

After completing the course, students become qualified Army instructors and course developers, meet the course requirement for award of the instructor identifier and receive a certificate of course completion.

An overview of the USASSI Staff and Faculty courses is located at <http://www.ssi.army.mil>. Click on military schools, and then staff and faculty.

First Lt. Bertron Beard, with the Training Support Battalion, said the goal of the training is to create good leaders.

"We train tomorrow's leaders here today; therefore, train to standard because tomorrow needs to be better than today."



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Aspiring thespians



Above, Fort Jackson children perform in the Missoula Children's Theater production of *Beauty Lou and the Country Beast* Friday at the C.C. Pinckney Elementary School auditorium. Left, Kamden Granados, 10, playing the part of "Slim Takins," displays his winning county fair entry to "Buckaroo Bob," played by actor/director Matt Loehrke, and to "Dusty Bottoms," played by Darius Dilworth, 10, during the theater production. Fort Jackson children auditioned with the traveling theater company Aug. 2 and rehearsed all week to star in the country & western musical.

Photos by KRIS GONZALEZ

Help students stay drug, alcohol-free

By **SANDRA BARNES**

Army Substance Abuse Program

It's that time of year again — the carefree freedom of summer is traded for the routine of the school year.

Returning to school can be stressful for many students, no matter their age. They worry about making friends, getting a good teacher and finding their way around a new building. When back-to-school stress gets to be too much for students to handle it can lead to the use and abuse of alcohol and drugs. As parents and guardians, we must teach our children to reject alcohol and drugs because they are harmful to their health and interfere with academic and social development.

It is important for parents to establish and maintain good communication with their children. A close relationship while he or she is young will make it easier for the child to come to his or her parents when there is a problem.

A closer parental relationship also makes it less likely

that the child will develop mental health problems or experiment with alcohol, tobacco or illegal drugs.

Sooner or later, a child may be hanging out with friends he or she thought would never use drugs, or will be at a sleepover when a friend offers him or her a joint. It is important to prepare children for this moment of truth. The child's decision at this moment could have life long effects.

We know that those who begin to use alcohol or tobacco when they are young are more likely to use them later in life. Thinking ahead about this decision to use or not to use will give the child the edge when he or she is placed in an unexpected situation.

Children face a number of tough decisions in their lives. Because making friends and fitting in are important to many children, peer pressure has a big impact on decisions, especially on those about drug, alcohol and tobacco use. Children may be afraid that if they refuse something harmful, they won't be accepted. It is important that children are taught about the dangers of drugs, alcohol and

tobacco.

The pressure to use tobacco, alcohol and illegal drugs comes most often from wanting to be accepted, wanting to belong and wanting to be noticed. Help children learn what qualities to look for in a friend, and advise them about what to say if offered harmful substances. Children who are taught how to say, "No" feel more confident in their decisions.

Remind children that the easiest way to refuse drugs, alcohol and tobacco is to spend time with people who don't use these substances. Help children establish positive friendships, and monitor their activities.

Editor's note: Part of the source for this article was the Substance Abuse and Mental Health Services Center for Substance Abuse Prevention. For more information about the Substance Abuse and Mental Health Services Center for Substance Abuse Prevention please visit their website at www.samhsa.gov. If you have any questions about substance abuse please call, the Army Substance Abuse Program (ASAP) at 751-5007.

Racing down the tower



Photos by SUSANNE KAPPLER

Left, NASCAR driver Mike Wallace shares a light moment with Staff Sgt. James Megginson III, left, and Sgt. Brian Remily, both of whom are drill sergeants with Company B, 1st Battalion, 34th Infantry Regiment, before taking a plunge off Victory Tower Tuesday. Wallace and members of his family visited Fort Jackson for the day to get a glimpse of Army training and to meet with Soldiers. Above, Staff Sgt. Robert Klark, Company B, 4th Battalion, 10th Infantry Regiment, demonstrates the Australian-style rappelling technique — descending the tower face-first — to Wallace.

Gates announces cost-saving measures

By JIM GARAMONE

American Forces Press Service

WASHINGTON — Defense Secretary Robert Gates is putting meat on the bones of his initiative to reform the way the Pentagon does business and to eliminate duplicative, unnecessary overhead costs.

During a Pentagon news conference this week, Gates said the steps he is taking will help the U.S. military fight the wars it faces now and help ready the force for the wars it may face in the future. With these moves, the secretary said, he wants to instill a culture of saving in the department.

Money saved with these efficiencies will go back into funding needed military capabilities.

“To be clear, the task before us is not to reduce the department’s top-line budget,” Gates said. “Rather, it is to significantly reduce its excess overhead costs and apply the savings to force structure and modernization.”

President Barack Obama has programmed in real growth of between 1 and 2 percent into future years’ defense budgets, but that is not enough to maintain today’s warfighting capabilities and modernize, which requires roughly 2 to 3 percent real growth. The savings in overhead are crucial to making up that difference, Gates said.

Earlier this year, the secretary tasked the services to find \$100 billion in overhead savings over the next five years. “This exercise is well under way, as the services are evaluating their programs and activities to identify what remains

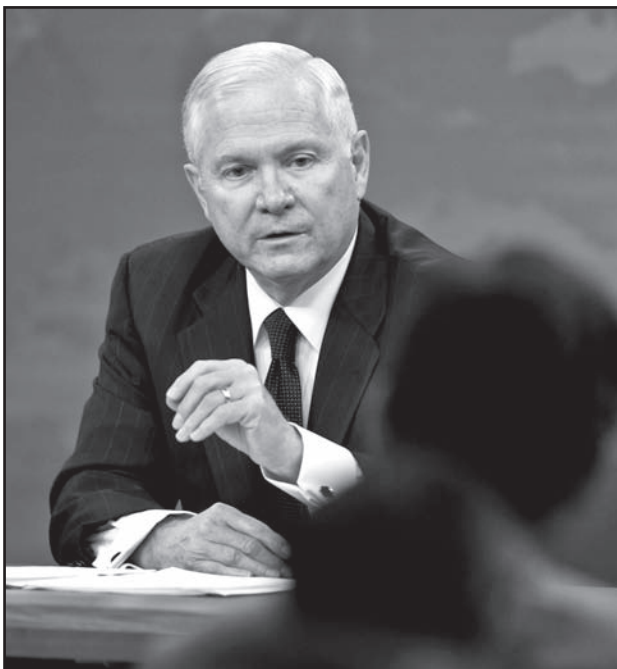


Photo by CHERIE CULLEN, American Forces Press Service

Defense Secretary Robert Gates announces steps to cut costs during a press conference at the Pentagon Monday.

a critical priority and what is no longer affordable,” he said. “They are all planning to eliminate headquarters that are no longer needed and reduce the size of the staffs that

remain.”

Gates also authorized the services to consider consolidation or closure of excess bases and other facilities. It is a measure of Gates’ determination to save money that he has proposed this, he noted, since Congress has made it almost impossible to close bases. “But hard is not impossible, and I hope Congress will work with us to reduce unnecessary costs in this part of the defense enterprise,” he said.

The secretary also announced a number of immediate steps he will take. Gates said he will reduce the funding for support contractor personnel by 10 percent a year for the next three years.

Gates is freezing the number of office of the secretary of defense, defense agency and combatant command manpower positions at the fiscal 2010 levels for the next three years. He said this is just a first step to studying these leadership organizations.

“We will conduct a ‘clean-sheet review’ to determine what our people should be doing, where, at what level of rank in keeping with the department’s most critical priorities,” he said.

He is also freezing the number of senior Defense Department leaders at fiscal 2010 levels. He will appoint a senior task force to assess the number of positions for general and flag officers, senior executive service employees and political appointees.

“At a minimum, I expect this effort to cut at least 50 general and flag officer positions and 150 senior civilian executive positions over the next two years,” he said.



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Back in the saddle

Civilian takes the long way home

By **CHRIS RASMUSSEN**
Fort Jackson Leader

As Fort Jackson commuters wait in traffic, burn gas and stress out, Thomas Tennant pedals his way to the office and better health.

Tennant, chief of the Personnel Services Division for the 81st Regional Support Command, has been biking to work three times a week for the past nine months and so far has lost 60 pounds and saved about \$60 a month in gas.

"Riding my bike to work has really changed my life," said Tennant, who lives in Northeast Columbia. "I am not stressed coming in to work and I am not stressed when I get home. I have a shower area to use when I get to work. I can ride in, shower and be at my desk by 8:30 a.m."

Tennant, who rides 15 miles each way to Fort Jackson, began his cycling quest as a way to drop pounds after a series of heart problems.

"When I was mobilized and deployed in 2004 I developed problems moving around. I was 50-plus years of age trying to keep up with younger people out in the Kuwaiti desert," he said. "I would do PT and would be wiped out."

After returning home due to a back injury, Tennant's doctors ordered a checkup and discovered the arteries in and around his heart were beginning to clog. A series of stints and angioplasties had him on the road to recovery. But there was still something missing.

"My doctor told me I had to change the way I eat and exercise. I had to do an entire health makeover," he said. "I was still not strong enough for strenuous cycling. Because of my heart condition they were worried about me throwing my body chemistry out of whack. They wanted me to take it slow and gradual."

Tennant then moved to Columbia in 2008 to help organize the new building for the 81st Regional Support Command at Fort Jackson.

"Even though I had been aggressively trying to improve my health, I still got winded going up stairs," he said. "At that point I had a 21-inch neck, 55-inch waist and weighed 280 pounds. The doctors told me I had made some positive changes but was not doing enough. That is when we started getting really serious."

Tennant quit eating chocolate and sweets and hopped on his bike.

"It is just about changing your lifestyle," he said. "Holding myself accountable has been key for me losing weight. The most important tool in my toolbox is a dietary scale for my food and a scale that does my body fat percentage."

The former reserve Soldier credits his wife, Judy, for supporting him whether it be picking him up during a ride in stormy weather or preparing healthy meals.

"I know he is eating healthy because I cook for him," she said. "The exercise is all up to him. I am with him 100 percent, but I haven't been riding. I just try to help him eat properly. He is OK as long as he doesn't sneak chocolates."

In addition to commuting to work, Tennant has begun riding in charity rides including a 92-mile trek to Charleston for the South Carolina Alzheimer's Association and 26-mile ride for a diabetes foundation.

But Tennant's favorite ride begins outside his front door and ends at Fort Jackson.

"I have become somewhat of a fixture on the ride to the office," he said. "I wish we could get more people to ride their bike to work. This (post) is wonderful. It gives me a safe place to do some heavy-training rides without the idiots on the road."

Chris.Rasmussen@us.army.mil



Photos by CHRIS RASMUSSEN

Above, Thomas Tennant pedals away from the 81st Regional Support Command to end his day Friday. Tennant, who commutes to work three days a week, has lost 60 pounds since he began riding his bike to work. Left, Tennant checks the reading on his bike's GPS device.

Fall into fitness with DoD challenge

Two minutes. Seventeen pushups. Forty-five situps. That, in addition to a 2-mile run in 20 minutes and 30 seconds, is what a female Soldier my age must do to pass an Army Physical Fitness Test.

And for some reason, I'm determined that within a few months, I will be able to do just that. And I hope I can reach that goal with the help of a team; the IMCOM fitness challenge team, that is.

This year, IMCOM is one of many teams across the DoD that is committing to the department's "Leap Into Fall" Fitness Challenge, which starts Monday. Each participant in the "Active Lifestyle" program is challenged to get at least 30 minutes of physical activity at least five days per week to meet the DoD goal of logging more than 1.5 million hours of physical activity by the end of the challenge Oct. 31.

Though 30 minutes is less time than most television shows these days, for some reason, squeezing in that amount of exercise most days of the week seems a lofty goal when you add in a full work week, along with the usual hustle and bustle of home and family life. The challenge parameters make it easy, though, by offering 100 activities from which participants can choose. The list even includes a Nintendo Wii game.

Though I've just recently gotten back into the habit of going to the gym (thanks to my husband's "won't take no

CRYSTAL CLEAR

By **CRYSTAL LEWIS BROWN**
Fort Jackson Leader



for an answer" attitude and a friend's perfectly timed 5K challenge), I realized that part of the reason I fell off the fitness wagon so many times was that I wasn't having *fun*.

A few weeks ago, the *Leader* ran a story about a Soldier who lost more than 100 pounds with a program that began with her just walking. And this week, a Fort Jackson civilian found his fitness niche in biking, which he does to and from work, 15 miles each way.

Don't think of it as exercise; think of it as getting moving, which is the goal behind the DoD program. If the idea of going to the gym turns you off, do something that you enjoy. Play a round of golf (without the golf cart) or walk around the track with your friends while catching up on the day's events. If you prefer something more organized, take one of the several fitness classes offered at the on-

post gyms. For gym-o-phobes, I recommend Zumba, which is less like exercise and more like an hour-long dance party.

For those who are already active and want a bit more of a boost, another part of the program, called the Presidential Champions, lets participants accrue points based on the amount of energy each activity burns.

Months ago, one of the on-post fitness trainers told me that setting a goal is an important part of fitness for many people. So set a goal for yourself; run or walk a 5K; vow to beat your kids in basketball; or, as in my case, try to pass the Army PT test.

Those who complete the Active Lifestyle program receive the Presidential Active Lifestyle Award. And participants in the Presidential Champions category can get bronze, silver or gold awards, depending on how many points they accrue over the 6-week period.

But whether you win a physical award, by committing to challenge, you are giving yourself something much more valuable: the gift of good health.

Editor's note: DoD employees can sign up for the challenge at www.presidentschallenge.org. The website also has information on how to register as an individual or start a group. For non-DoD employees, start your own challenge. E-mail us at FJLeader@conus.army.mil and share your fitness goals.

Flower power



Photo by CHRIS RASMUSSEN

Col. James Love, left, garrison commander, and garrison Command Sgt. Maj. Christopher Culbertson honor the August Yard of the Month winners Staff Sgt. Tonya Horton (not pictured) and her husband, Kevin. The Hortons received a certificate of appreciation, coin, reserved parking at the Main PX and commissary, a free dinner, movie passes and a \$50 gift card.

Family Happenings

JUMPING JACKS

Jumping Jacks child care is available in the Solomon Center's Marion Room for parents to use while they work out at Andy's Fitness Center. Jumping Jacks is available 9 to 11 a.m. and 3:45 to 7:45 p.m., Monday and Tuesday; and 8 a.m. to noon, Saturday. Child care services and scheduled activities for school-age children (through high school) are available.

For more information on registration and eligibility, call the Child, Youth and School Services Parent Central Services at 751-4865/4824.

SKIES UPDATE

SKIES classes are canceled until further notice as the SKIES building undergoes renovations. Call 751-7540/6777 for information.

4-H CLUB

The 4-H Club (for first through fifth graders) meets 4-5 p.m., every Wednesday at the Youth Center. Call 751-1136 for information.

PLAYGROUP

Join other parents and their children, at Playgroup, 10 to 11:45 a.m., every Monday, Wednesday and Friday, at 5615 Hood St., Room 8. An evening playgroup for

Soldiers and their children is scheduled for 5 to 6:30 p.m., Wednesday. Call 751-5256 for information.

WALKING GROUP

Join other parents and children at the Columbia Place Mall Food Court for the Stroll Along Walking Group 10 a.m. to noon, every Tuesday. Call 751-5256 or e-mail fjackson_acs@conus.army.mil for information.

PARENTS' NIGHT OUT

Need a night off? Don't forget to take advantage of the Parents' Night Out program at Hood Street Child Development Center. Children must be registered with Child, Youth and School Services to participate. Orientation is required prior to scheduling care. Call 751-1970/1972 to schedule an orientation.

SPANISH PLAYGROUP

The Spanish Support Group/Playgroup meets the last Thursday of the month at 5615 Hood St., Room 8. E-mail jcst143@univision.com or lizperlataina@yahoo.com for information.

Visit <http://jackson.mhsoftware.com/> for the full on-post calendar. The calendar is located at the bottom of the page.

ADVERTISE IN THE LEADER

❑ To place a classified ad in the Leader, fax or e-mail the ad to 432-7609 SKA-ress@ci-camden.com or call 432-6157 for information and costs. Classified ads can also be mailed to: The Fort Jackson Leader, P.O. Box 1137, Camden, S.C., 29020.

❑ To place a display ad, call Kathy at 786-5681.

Dwell time changes planned

By SGT. 1ST CLASS
MICHAEL J. CARDEN
Armed Forces Press Service

WASHINGTON — The chairman of the Joint Chiefs of Staff stressed recently the need for strong garrison leadership, underscoring the effects longer periods at home between deployments may have on troops and their families in the future.

Navy Adm. Mike Mullen spoke to Soldiers and airmen at Joint Base Lewis-McChord, Wash., earlier this week. By October, more than 30,000 troops will be “at home” there for the first time since 2003.

Soldiers throughout the Army also will soon enjoy a slower deployment tempo, Mullen noted, as major units are projected to have twice as long at home as deployed by the end of 2012. About 70 percent of those units are expected to have a 2-to-1 “dwell time” ratio by the end of 2011, he added.

“That’s based off the projections we see right now, so that is a huge change,” Mullen said. “This is a big change, and if you are a leader, leading when things are changing is the most difficult kind of leadership, because it’s less predictable.”

The chairman explained that although more time at home is long overdue, a slower-paced military always must be ready for the unpredictable. Leaders must ensure troops and their families are cared for, he said, stressing the importance of garrison leadership.

“We’ve got to focus on those things that we have not been able to focus on, because we haven’t had the time, as we’ve been putting units together and rotating in and out of war,” the admiral said. “You need to think about what’s happening next in an



Photo by SPC. ADAM TURNER, 1st Cavalry Division Public Affairs

Soldiers push through the last mile of a two-and-a-half mile buddy run while training at Fort Hood, Texas. The chairman of the Joint Chiefs of Staff stressed the need for strong garrison leadership, underscoring the effects of longer periods at home between deployments may have on troops and their families.

unpredictable world and environment.”

Mullen cited the rising military suicide rate since 2001 to illustrate his point. A recent Army report outlined how units, in an effort to maintain readiness, have overlooked psychological issues Soldiers may have. Leaders have overlooked signals and behaviors, including misconduct, that may have indicated an increased risk of suicide for some Soldiers, Army officials said last month.

Many troops in today’s audience are too young to remember the military in peace time, Mullen said. As fewer troops are needed in the fight, he added, he and Army

officials recognize that garrison leadership must improve.

The rate of Soldier suicides has risen in each of the past five years. In fiscal 2009, 160 Soldiers took their own lives, while there were more than 1,700 attempts. Army suicides exceed the national average.

Although the Army receives much media attention for its suicide rates, Mullen noted, every service’s suicide rate has “dramatically” increased since 2004. This trend is a strong indication of the stress the military has undergone since Sept. 11, 2001, he added.

News and notes

ASAP TRAINING SCHEDULED

A two-day Alcohol and Drug Abuse Prevention and Training Program class is scheduled for 7:30 a.m. to 4:30 p.m., Monday and Tuesday, at 3250 Sumter Ave. The class is for anyone interested in learning more about alcohol abuse. It is also for those who have had an alcohol or drug-related incident if the commander feels the Soldier can benefit from re-education.

Unit prevention leader training is scheduled for 7:30 a.m. to 4:30 p.m., Aug. 23 to 27, at 3250 Sumter Ave. This training is required for newly assigned unit prevention leaders. Seating is limited so request forms must be turned in early. Soldiers must be in duty uniform.

COMMISSARY SETS CHANGE

The Fort Jackson commissary will close 4 p.m., Aug. 22 and reopen Wednesday, Aug. 25.

EQUALITY DAY LUNCHEON SET

A Women’s Equality Day luncheon is scheduled for 11:30 a.m. to 1 p.m., Aug. 24 at the Officers’ Club. Command Sgt. Maj. Teresa King, Drill Sergeant School commandant. Contact the unit Equal Opportunity officer or post Equal Opportunity Officer, for ticket information.

SCALES PAC TO MEET

The Scales Avenue Child Development Center Parent Advisory Council meets 5:15 p.m., today, at the Scales CDC. All parents of Scales CDC students are invited to attend.

HUNTING COURSE OFFERED

The hunter education course is offered by the South Carolina Department of Natural Resources and can be found at www.hunter-ed.com/sc/.

DoD resumes spouse education program

Special to the Leader

Department of Defense officials announced recently that the Military Spouses Career Advancement Account program, or MyCAA, would resume, but with more stipulations than before. MyCAA provides military spouses with opportunities to pursue portable careers in high-demand, high-growth occupations.

The current program began as a demonstration project with the Department of Labor in January 2008 at 18 locations in eight states. Program eligibility was limited to the spouses of active duty service members in the junior ranks, and accounts awarded under the demonstration were targeted to nationally-identified high-demand, high-growth industry sectors that provide the greatest opportunity for career portability.

Over time, the program was expanded to include military spouses of all pay grades and all programs of study.

The changes announced today reflect a return to the original intent of the program — to assist spouses of service members in the pay grades of E-1 to E-5, W1-W2, and O1-O2 achieve portable careers. The changes also align the program with responsible fiscal planning by the Defense Department.

Under the new guidelines, education counselors will work with all military spouses to help develop career and education goals and plans, and assist them in navigating all available federal education benefits toward these goals.

NEW PROGRAM GUIDELINES:

- New MyCAA Launch Date: Oct. 25
- Eligible Participants: Spouses of E1-E5, W1-W2, and O1-O2

□ DoD-funded assistance: Up to \$4,000

□ Annual Cap: \$2,000 per spouse, per fiscal year (waiver required to use more than \$2,000)

□ Time limit to use funding: three years from the start date of the first class

□ Approved Education programs: associate’s degrees, licensure and certifications

Career Consultants will:

□ Assist spouses in identifying other funding resources for higher academic degrees

□ Assist all active duty spouses (whether eligible for financial assistance or not) with career counseling

□ Waivers will be available for spouses pursuing licensures or certifications requiring an up-front fee greater than \$2,000, up to the total maximum assistance of \$4,000.



Aug. 13 — 7 p.m.
Twilight Eclipse PG-13 123 min.

Aug. 14 — 6 p.m.
The Last Airbender PG 103 min.

Aug. 15 — 6 p.m.
Twilight Eclipse PG-13 123 min.

Aug. 18 — 4 p.m.
Twilight Eclipse PG-13 123 min.

Aug. 18 — 7 p.m.
The Last Airbender PG 103 min.

Aug. 20 — 4 p.m.
Longshots PG 94 min.

Aug. 20 — 7 p.m.
Inception PG-13 148 min.

Ticket admission
ADULTS \$4.50
CHILDREN (12 and younger) \$2.25
Visit aafes.com for listings

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt.
Mario Umel
Company A
2nd Battalion,
39th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Thomas Wooten

SOLDIER OF THE CYCLE
Spc. Shenna Biggins

HIGH BRM
Pvt. David West

HIGH APFT SCORE
Spc. Lucie Loach



Staff Sgt.
Larry Jackson
Company C
2nd Battalion,
39th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Jeremy Allred

SOLDIER OF THE CYCLE
Spc. Samuel McCleary

HIGH BRM
Pvt. Aaron Greer

HIGH APFT SCORE
Pvt. Shelby McKinney



Staff Sgt.
Donald Palmer
Company D
2nd Battalion,
39th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Jason Baum

SOLDIER OF THE CYCLE
Pfc. Tynesha Brown

HIGH BRM
Pfc. Eric Zenger

HIGH APFT SCORE
Pfc. Tynesha Brown



Staff Sgt.
Israel Martinez
Company E
2nd Battalion,
39th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Christopher Humphreys

SOLDIER OF THE CYCLE
Spc. Katherine Remick

HIGH BRM
Pvt. Robin Rosenblum

HIGH APFT SCORE
Spc. Timothy Daul



Staff Sgt.
Jerod Childs
Company F
2nd Battalion,
39th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Ariel Rolle

SOLDIER OF THE CYCLE
Pvt. Nathan Nolen

HIGH BRM
Pvt. Joseph Michel

HIGH APFT SCORE
Pfc. Samantha Hofer



Sgt. 1st Class
Gemma Riley
Company B
2nd Battalion,
39th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Matthew Ramsey

SOLDIER OF THE CYCLE
Pfc. Benjamin Swapp

HIGH BRM
Pvt. Luke Kaulfuss

HIGH APFT SCORE
Pfc. Walter Walker

SUPPORT AWARDS OF THE CYCLE

SERVICE SUPPORT AWARD
Jeremiah Jeffcoat

TRAINING SUPPORT AWARD
Lyle Daniels

FAMILY SUPPORT AWARD
Sharon Rice

STAFF SUPPORT AWARD
Charlie Wooden

DFAC SUPPORT AWARD
Albert Robinson

This week's training honors



ARRUDA



COLE



VILLAFANA

Courtesy photos

187th Ordnance Battalion: Cadre of the Cycle — Staff Sgt. Adam Arruda (Company A); Instructor of the Cycle — Theodore Cole. The distinguished honor graduate is Pvt. Traevon Simmons. Recruiting and Retention School Army Recruiting Course: Highest GPA — Staff Sgt. Daniel Villafana.



Follow the Fort Jackson Leader on
Twitter at <http://twitter.com/FortJacksonPAO>
Check us out for breaking news, videos and more.



Missed an issue of the paper?
Catch up on your Fort Jackson news with Victory
Updates at <http://www.vimeo.com/user3022628>

Recurring meetings

WEEKLY

Fort Jackson Boy Scouts
Tuesdays, 6:30 to 8 p.m., 11559 Jenkins Road (next to Victory Tower), 917-1869.

Walking away stress
Mondays and Fridays, 9 a.m., at the pecan orchard near the post office on Early Street, 751-6325.

Play group
Mondays, 10 to 11:45 a.m., Room 8, 5615 Hood St., for children 4 and younger, 751-1071/6304.

Range control briefing
Mondays and Fridays, 1 p.m., Education Center, Room 302, 751-7171.

Columbia Composite Squadron (Civil Air Patrol)
Mondays, 6:30 p.m., Owens Field, main conference room. E-mail *Tom.Alsup@gmail.com* or visit *www.scwg.cap.gov*.

Helping Everyone Reach Optimum Strength
Tuesdays, 5 to 6 p.m., Moncrief Army Community Hospital, seventh floor. Open to combat veterans and their family members, 751-2160/2183.

Protestant Women of the Chapel
Thursdays, 9:30 a.m. to 12:30 p.m., Main Post Chapel, Bible study and fellowship. Home schoolers are welcome. Free child care is available. E-mail *pwocjackson@yahoo.com*.

Military Widows/Widowers Association
Sundays, 2 p.m., Moncrief Army Community Hospital, eighth floor, 787-2469.

MONTHLY

Fort Jackson Cub Scouts
First Sunday of the month, 5:30 to 7 p.m., 11559 Jenkins Road (next to Victory Tower), 917-1869

Fort Jackson Bass Club
First Monday of the month, 7 p.m., Joe E. Mann Center. Open to active duty, retirees, DoD civilians, reservists, veterans and family members. Visit *www.jacksonanglers.com*.

Disabled American Veterans Woodrow Wilson Unit 4
Second Monday of the month, 6:30 p.m., 511 Violet St., West Columbia, 788-1836 or 791-4422.

Weight Loss Surgery Support Group
— Second and fourth Monday of the month, noon,

Weight Management Center, 180 Laurel St.
— Second and fourth Tuesday of the month, 6:30 p.m., Palmetto Health Baptist Breast Health Center, 1501 Sumter St., ground level, Meeting Room 2.

Seabees
Second Monday of the month, 7 p.m., West Metro Chamber of Commerce and Visitors Center, 755-7792 or 755-0300.

Veterans of Foreign Wars Post 641
Second Monday of the month, 7:30 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.

La Leche League breastfeeding support group
First Tuesday of the month, 10 a.m. to noon, Room 8, 5615 Hood St., 751-5256/6325.

Sergeant Audie Murphy Club
First Tuesday of the month, 11:30 a.m., Post Conference Room, *www.jackson.army.mil/360/SAMC/home.htm*.

American Legion Post 182
First Tuesday of the month, 6 p.m., Officers' Club, 351-2333.

National Federation of Federal Employees
Second Tuesday of the month, 11:30 a.m., 4405 Forney St., first floor, 751-2622 or *NFFE@conus.army.mil*.

Disabled American Veterans
Second Tuesday of the month, 6 p.m., 511 Violet St., West Columbia, 796-7122.

Fleet Reserve Association Unit 202
Third Tuesday of the month, 1 p.m., 2620 Lee Road, 482-4456.

Veterans of Foreign Wars Gandy-Griffin Post 4262
Third Tuesday of the month, 7 p.m., 5821 North Main St., 754-1614 or 447-2320.

Vietnam Veterans of America Chapter 303
Third Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 312-4895.

Purple Heart #402
Fourth Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 351-2333.

Better Opportunities for Single Soldiers
First and third Wednesday of the month, 1:30 p.m., 4405 Jackson Blvd., 751-1148.

American Red Cross
New adult volunteers orientation, second Wednesday of

the month, 9 a.m. to noon, 571-4329.

Victory Riders Motorcycle Club
First and third Thursdays of the month, 5 p.m., Magruder's Club. E-mail *sec@ffvictoryriders.com*.

The Rocks Inc., James Webster Smith Chapter
Third Thursday of the month, 5:30 p.m., Post Conference Room, 751-1938.

Society of American Military Engineers
Fourth Thursday of the month, 11:30 a.m., 254-0518 or 765-0320.

MEDPROS training
Third Friday of the month, 1-4 p.m., Moncrief Army Community Hospital, Room 9-83. E-mail *Jaclynne.Smith@amedd.army.mil*.

Retired Enlisted Association
Third Friday of the month, 5:30 p.m., Moncrief Army Community Hospital, third floor, 740-2319 or e-mail *jrodgers11@sc.rr.com*.

Chrome Divas of Columbia
Second Saturday of the month at 10:30 a.m., 606-5402 or *www.thebikerchicks.com*.

92nd Buffalo Chapter 20 DAV
Third Saturday of the month, except July and August, 11 a.m., DAV Headquarters 511 Violet St., West Columbia, 260-1067.

Ladies Auxiliary Post 641
Second Sunday of the month, 3 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.

The Ladies Auxiliary Post 4262
Second Sunday of the month, 5 p.m., 5821 North Main St., 754-1614.

Combat Vets Motorcycle Association
Third Sunday of the month at noon, (774) 451-7504, e-mail *armyaguilar@yahoo.com* or visit *www.combatvet.org*.

Sergeants Major Association
Last work day of the month, 4 p.m., Magruder's Pub, 447-1526. Open to active-duty and retired sergeants major.

SUBMISSIONS

To submit a recurring meeting, e-mail the name of the group, when and where the meeting takes place and contact information to *fileader@conus.army.mil*.

Calendar

Today
Bloodmobile
10 a.m. to 3:30 p.m., 120th DFAC
Each donor will receive a coupon for a free haircut. The Bloodmobile will be parked next to the 120th Adjutant General Battalion (Reception) dining facility.

Military Chaplain’s Association meeting
Noon, Officers’ Club

Friday
School and sports physical day
Bring school physical forms and student shot records. Call 751-2273 to make an appointment.

Book signing
11:30 a.m. to 1 p.m., Main PX
Author Karin Slaughter will sign her newest crime novel, “Broken.”

Saturday
Fort Mill trip
7 a.m. to 2 p.m.
Outdoor Recreation will provide transportation to the Trader Marc’s Flea and Farmer’s Market. Call 751-3484 for information.

Wednesday
Combined Federal Campaign training
9 to 11 a.m. (military); 1 to 3 p.m. (civilians), Joe E. Mann Center
This training is for unit coordinators, key people and post staff. Call 751-2669/4528/4912 for information.

Friday, Aug. 20
Change of command (1/13th)
8 a.m., Officers’ Club
Lt. Col. John Calahan will relinquish command to Lt. Col. Matthew Zimmerman.

Sunday, Aug. 22
Commissary closure
The Fort Jackson commissary will close at 4 p.m. and remain closed Aug. 23-24. The store will reopen Aug. 25.

Monday, Aug. 23
Change of responsibility (1/13th)
8 a.m., battalion headquarters
Command Sgt. Maj. Jeffrey Dunkelberger will relinquish responsibility to Command Sgt. Maj. Eddie Delvalleallicea.

Thursday, Aug. 26
AUSA Meeting
11:30 a.m., Officers’ Club
The Fort Jackson-Palmetto State Chapter general membership meeting will have Maj. Gen. James Milano as guest speaker. E-mail SBButler@bellsouth.net tickets or for corporate tables.

The ROCKS Inc.
5:30 p.m., Post Conference Room
The James Webster Smith chapter of the ROCKS Inc. monthly meeting is open to all current and interested members of The ROCKS Inc. Call 751-1938 for information.

Tuesday, Aug. 31 and Wednesday, Sept. 1
AFTB Level I Course
8 a.m. to 4 p.m., Family Readiness Center
Army Family Team Building Level I “Learn Army” Course is open to all spouses and employees who are new to the Army. Register by Aug. 23 by calling 751-6315.

Housing events

All events are held in the Community Center, 520 Brown Ave., unless otherwise specified. Call 738-8275 for information.

Thursday, Aug. 19
National Root Beer Float Day
3 to 4 p.m.
Celebrate this holiday with a free root beer float (for residents only).

Tuesday, Aug. 24
Neighborhood Huddle
10 a.m.
Share concerns and receive answers to any questions. Receive up-to-date information on construction and other housing issues.

Tuesday, Aug. 31
“Rainbow Fish” reading
3 p.m.
Come by for a reading of the book “Rainbow Fish.” Afterward, participate in a craft activity and take home a rainbow fish. RSVP is required.

Announcements

MUSICIANS SOUGHT
The Fort Jackson Chaplain’s Office is seeking pianists and organists to play for Soldier worship services. The musicians will be required each Sunday. Positions are unpaid. Call 751-3121 for information.

FCC ORIENTATION/TRAINING
The next Family Child Care orientation/training is scheduled for 8 a.m. to 4 p.m., Sept. 13 to 17 at the Joe E. Mann Center. The FCC program offers an employment opportunity for military spouses who enjoy working with children. The program is recruiting for “best-qualified” applicants who have space and are willing to take full-time children younger than two.

Military spouses living on Fort Jackson and Department of Social Services-registered off-post child care providers

may apply to become certified to provide home child care to military families. An amnesty program is available for those currently providing child care on post without certification. Applications will be accepted through Sept. 7.

YOUTH TECHNOLOGY LABS
Fort Jackson youth in grades six through 12 now have access to computers in the youth technology labs. The middle school program lab hours are 2:30 to 5:30 p.m., Monday through Friday at the Pinckney Elementary Annex Building. The teen program lab hours are 6 to 9 p.m., Monday through Friday, and 2 to 6 p.m., Saturday, at the Youth Center. Call 751-4865/6387 for more information.

SURVIVOR OUTREACH SERVICES
Survivors of service members who died while on active duty can use Survivor Outreach Services for assistance with benefits and finances. Call 751-4867/5256 or e-mail Leslie.S.Smith@us.army.mil.

COME SEE YOUR ARMY TOUR
A “Come see your Army” tour is scheduled for Oct. 21. The tours provide the community with an opportunity to attend a Basic Combat Training graduation; observe Soldiers in training; get hands-on experience with a state-of-the-art weapons simulator system; eat lunch in a military dining facility; and shop for souvenirs. Call 751-1474/5327 to register. Reservations required at least one week in advance.

CALLING SYSTEM CHANGE
The Fort Jackson on-post calling system has changed. To make a call to an on-post phone number, dial 751-XXXX. To make a local call, dial “99” before dialing the off-post phone number. To make a long distance call, dial “97-1” before dialing the long distance number, including area code. The DSN prefix is “94.”

Quick reference labels can be picked up at the Network Enterprise Center at building 4282. Call 751-GNEC or 751-DOIM for information.

CIVILIAN TAX WITHHOLDING
Now is a good time for civilian employees to review their tax withholding information. Verify that deductions are being withheld for the correct state and locality taxes. Changes may be made via MyPay. Call 800-538-9043 for information.

ID CARD REPLACEMENT RULES
Anyone who either loses or has his or her Common Access Card, or CAC, stolen, must provide a memorandum to receive a replacement. A memorandum confirming that the card has been lost or

stolen must be signed by the local security officer or, for Soldiers, his or her chain of command. Call 751-6024 for information.

THRIFT SHOP UPDATES
The Thrift Shop is open 9 a.m. to 3 p.m., Tuesday and Wednesday; and 9 a.m. to 5 p.m., Thursday.

Off-post events

371ST INFANTRY GATHERING
Learn about the 371st Infantry, 93rd Division; one of the state’s African American units during an event 11 a.m. to 2 p.m., Aug. 21 at the Capital Senior Center, Maxcy Gregg Park, 1650 Park Circle. Have a photo taken with Gen. “Black Jack” Pershing and meet descendants of 371st servicemen. Activities include story telling, cooking demonstrations, music and more. RSVP at by Sunday at sonya-gratham@yahoo.com.

MOVIES IN THE PARK
Movies in the Park is scheduled for Aug. 20 at North Springs Park. The free event, organized by Awaken Church, is open to the public and features a free movie on a giant screen, free drinks and other refreshments. Food donations, including canned food, are also being accepted. The event benefits the Harvest Hope Food Bank and A Home in Haiti. Take lawn chairs or blankets to sit on. Gates to North Springs Park open at 7:30 p.m., and the movie begins at sunset.

NASCAR MILITARY DAY
Darlington Raceway is sponsoring Military Day Saturday. Admission for military ID card holders is \$10, which also includes a pre-race pit pass. The regular price is \$25. Children younger than 12 are admitted free.

FREE MUSEUM ADMISSION
The National Wild Turkey Federation is offering free admission to its Winchester Museum to all active duty military personnel and their families through Labor Day. The museum is located at 770 Augusta Road, along Highway 25, in Edgefield.

LEADER ANNOUNCEMENTS

Community announcements should be typed and no more than 45 words. All submissions may be edited to comply with *Leader* style and Public Affairs regulations. Send all submissions to FJLeader@conus.army.mil.



Follow the *Fort Jackson Leader* on Twitter at <http://twitter.com/FortJacksonPAO>.

ROCK on!



Photo by CAPT. JAMIL BROWN, The ROCKS Inc.

Retired Lt. Col. Elgin Allmond, president of the James Webster Smith chapter of the ROCKS Inc., presents Maj. Patricia Williams the ROCK of the Year award during a luncheon July 29. The luncheon was the last one for Allmond, who is moving on to an overseas assignment.

Stocking up



Photo by KRIS GONZALEZ

Marigold Umel helps her 12-year-old daughter, Marissa, review her school supply list before choosing among an array of free school supplies Monday at the 2nd Battalion, 39th Infantry Regiment headquarters. The supplies were donated to battalion families through Operation Homefront.

Summer school

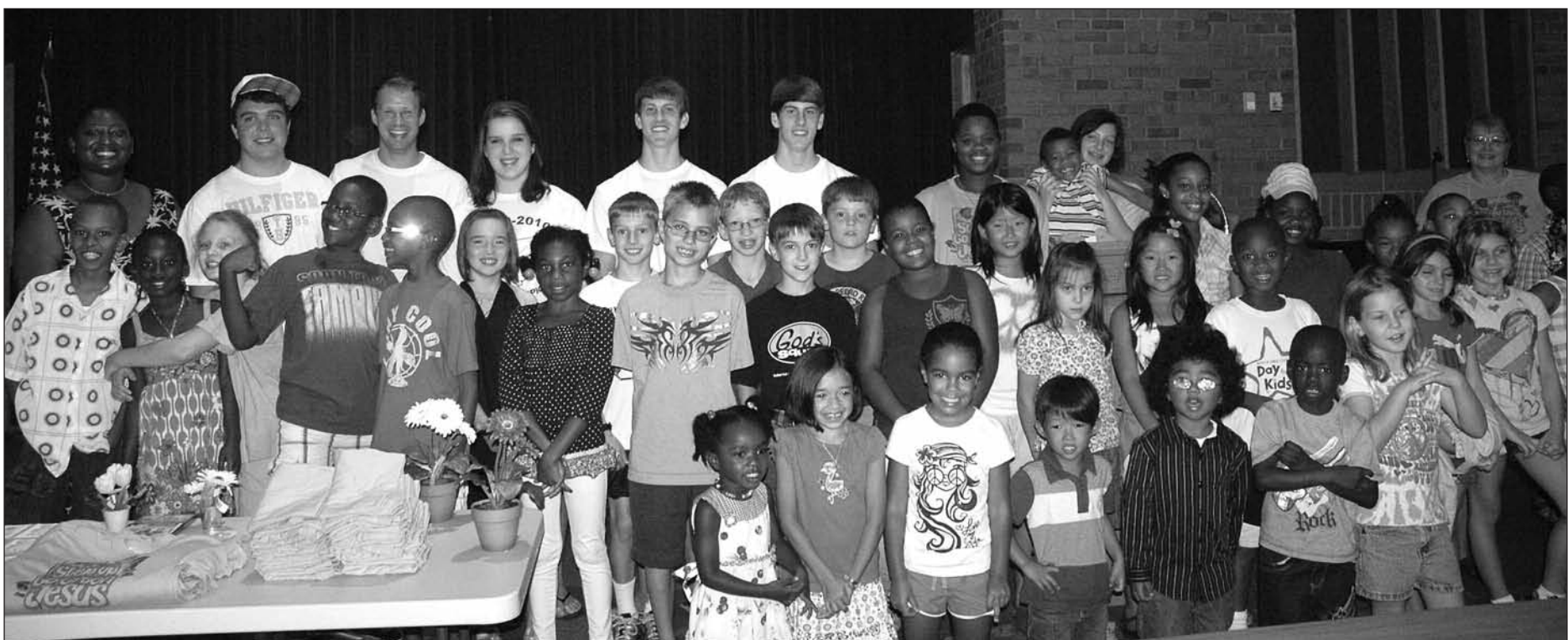


Photo by CURSHA LUNDERMAN, Protestant Women of the Chapel

Participants and volunteers of this year's Vacation Bible School at the Main Post Chapel are all smiles on the last day of the week full of activities. VBS activities, which were conducted Aug. 2-6, centered around the theme, "Going Green for Jesus."

New principals begin tenure at post schools

Continued from Page 1

Principal Brian Perry said he's excited to welcome the 7 and 8-year-olds.

"Bringing second grade to Pierce is keeping consistent with the structure of most (Department of Defense Education Activity) schools, which typically teach students in pre-K through second grade in one schoolhouse and students in third through sixth grades in another," Perry said.

Perry will also be welcoming a younger crowd, thanks to DoDEA's Reduced Kindergarten PTR initiative for school year 2010-2011, which provided for an additional kindergarten class in the school.

"By adding the new kindergarten classroom, we can decrease class size to 18 students or (fewer) per teacher," Perry said.

Students will also see a number of staff changes, Perry said, which means some teachers have changed grade levels.

"We developed what we thought were the best teams of teachers for each grade level," he said.

Pierce will also have a new media specialist, and a new assessor who will assess the educational needs of students. Both schools will reap the benefits of a full-time school psychologist, as well as student information assistants who will help the school's secretaries register new students and maintain school records.

And in order to register, students must meet DoDEA's new immunization requirement that all enrolled students, as well as new students, need to show proof of having received two doses of the Varicella (chickenpox) vaccine.

But what the students might consider the most exciting change this year will be having recess before lunch.

Both schools will implement the new schedule when the students arrive next week. Perry said he hopes the change will encourage students to eat more, return to class calmer, and as a result, learn more.

For more information, and a chance to meet the principals and teachers, parents and students are invited to attend an open house from 3 to 5 p.m. Tuesday at both schools.

Kris.Gonzalez1@us.army.mil



PERRY



SCHNEIDER



Photos by KRIS GONZALEZ

Kaleb Campbell, 5, prepares to put the American flag away after he and his Kindergarten Boot Camp classmates pledged allegiance to the flag Wednesday at the former Hood Street Elementary School.



Erika Jackson, sixth-grade teacher for C.C. Pinckney Elementary School, gets help from her 12-year-old son, Andre Jackson, as she staples fortune cookie cutouts to a "welcome back" bulletin board outside her classroom. Each cookie dons the name of one of Jackson's students, whom she said she considers herself fortunate to have in her classroom this upcoming school year.

State adopts Interstate Compact

By KRIS GONZALEZ
Fort Jackson Leader

Military children could have an easier time transitioning to and from South Carolina schools now that lawmakers have adopted two measures designed to set educational standards across state lines.

On July 14, South Carolina's Board of Education voted to adopt "Common Core Standards" that define math and reading standards for students at every grade level from kindergarten through 12th grade.

Gov. Mark Sanford and State Superintendent of Education Jim Rex co-signed the project application, making South Carolina the 25th state to adopt the standards developed by the National Governors Association and the Council of Chief State School Officers.

On June 11, Sanford also signed the Interstate Compact on Educational Opportunity for Military Children, an

agreement among 35 states to alleviate some of the hurdles typically faced by military children who transfer often along their journey to high school graduation.

"Military families know all too often about the difficulties their school-age children endure as they transition from place to place," said Keisha McCoy-Wilson, one of Fort Jackson's two school liaison officers. "With each move, there is a new school and new curriculum standards that they are expected to follow. By adopting these standards, South Carolina, alongside other states, has demonstrated its continuous support for these families and their children."

The Interstate Compact calls for schools to accept temporary transcripts for transferring students; give 30 days for immunizations; place children in current grades regardless of age; place honor students in similar courses; maintain services for special needs students; give credit for similar coursework; offer flexible deadlines to join extracurricular activities; allow additional excused absences for

students whose parents are deployed; and allow students who don't meet graduation requirements in a new state to walk in a graduation ceremony, but be awarded diplomas from the previous state if they meet that state's graduation requirements.

"What the compact provides for is a smoother transition process," said Ed Kringer, director of the State Liaison and Educational Opportunity Directorate of the Office of the Secretary of Defense. "In no way are we trying to give military children an advantage over local children. We're just trying to smooth out the bumps in the road caused by varying administrative policies that hinder successes in their education."

For more information, visit: http://www.csg.org/programs/policyprograms/NCIC/interstatecommission_militarychildren.aspx. For more information about the Common Core Standards, visit: <http://www.corestandards.org/>.
Kris.Gonzalez1@us.army.mil



Instructor Dorothy Salley helps Mario Umel, 5, count gumballs to solve a math problem during Kindergarten Boot Camp Wednesday. Umel will be entering Kindergarten at Pierce Terrace Elementary School next week. Kindergarten Boot Camp teaches children basic reading, writing and math skills to help them be successful as they prepare to enter elementary school.

SCHOOL SUPPLY LIST

All grades

- 1-2 large boxes of tissues
- A book bag (no wheels)
- 1 bottle of liquid hand soap
- 1 box of Ziploc bags (gallon size)
- 1 bottle of hand sanitizer

Pre-K to 1st Grade

- Number 2 pencils
- Box of crayons (8-24)
- Glue stick or bottle of Elmer's glue
- 2 pocket folders
- Blunt-end scissors

2nd to 4th Grade

- Number 2 pencils
- Box of crayons (8-24)
- Box of colored pencils
- Glue sticks or bottle of Elmer's glue
- 2-4 pocket folders
- 2-5 spiral notebooks
- 1 pair of scissors
- 2-4 packages of loose leaf notebook paper

5th to 6th Grade

- Number 2 pencils
- Pens/colored pencils/crayons
- 2-4 pocket folders (with fasteners)
- 1 pack of index cards (5x7)
- Composition notebooks or spiral notebooks
- Loose leaf notebook paper
- Binder with hard cover
- Subject dividers

FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Col. Ronald F. Taylor

Director,

Emergency Services/Provost Marshal

Sgt. Maj. Glen W. Wellman III

Provost Sergeant Major

Billy Forrester

Fire Chief



TIP OF THE WEEK

With the beginning of the new school year, the community will see an increase in children walking to school. There will also be an increased enforcement of school zone traffic violations. Drivers are reminded that they must be vigilant when traveling through school zone areas. Young children are not always aware of their surroundings and may enter roadways without looking for traffic.

State laws for pedestrians are strictly enforced on Fort Jackson and violations of these laws could result in an \$85 fine, plus a \$25 court-processing fee. It is the responsibility of drivers to ensure the safety of pedestrians, especially the little ones.

CASES OF THE WEEK

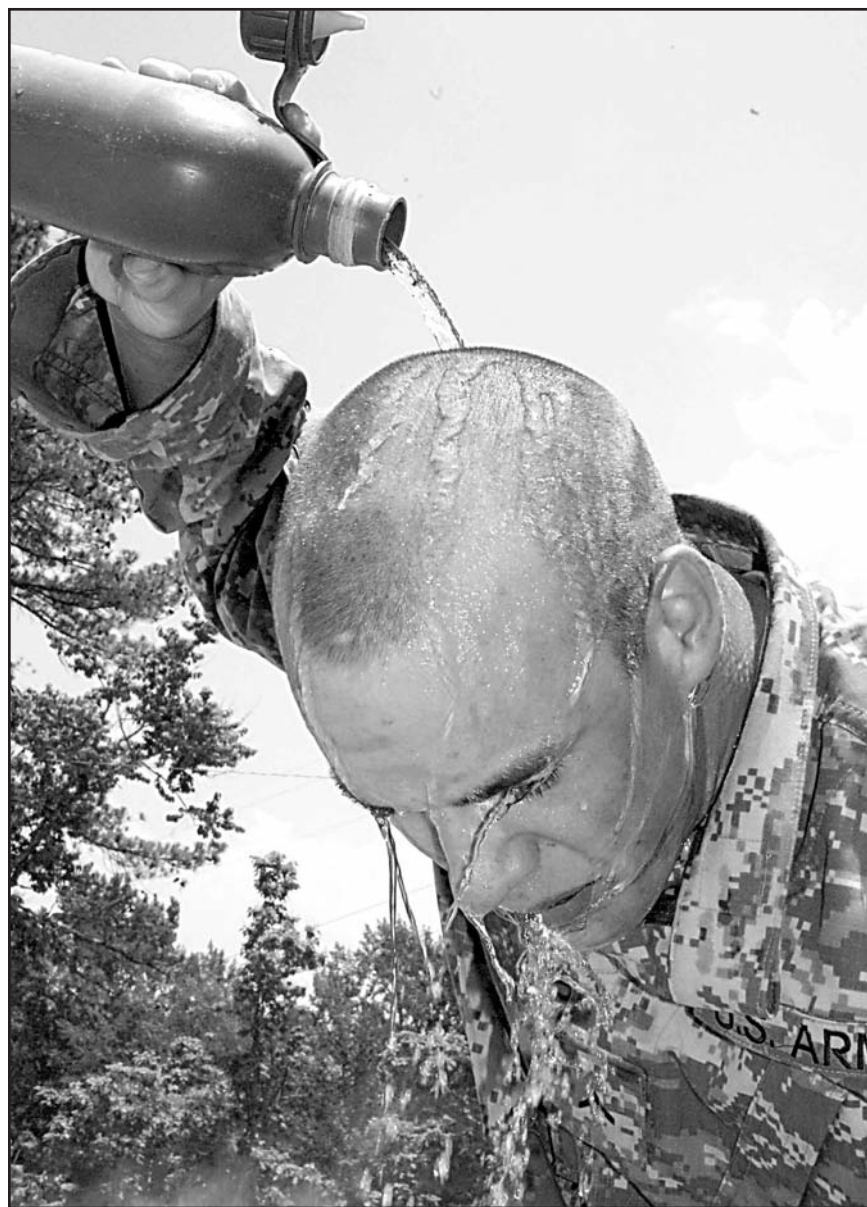
❑ A Soldier was detained after Military Police found 31 grams of marijuana during a vehicle ramp check, MPs said. The civilian had 10 small bags of marijuana, MPs said. The Criminal Investigation Division is investigating the incident.

❑ A civilian was detained and turned over to Columbia police in connection with several open warrants, MPs said. The civilian was being sought for breach of trust, burglary, petty larceny and arson.

❑ A civilian was cited for failure to obey a physical training zone restriction. Driving is prohibited within PT zones from 6 to 7 a.m.

crimestoppers
1-888-559-TIPS
www.midlandscrimestoppers.com

Heat injury procedures



- Call 911 at the first sign of heat injury (including mental status change).
- Use ice sheets
- Give the Soldier sips of water
- Monitor him or her at all times.

Emergency numbers:

Cell phone users: 803-751-9111.

Alternate 1: Range control via radio.

Alternate 2: Range control at 751-7171/4732.

Alternate 3: MP desk at 751-3113/3114/3115.

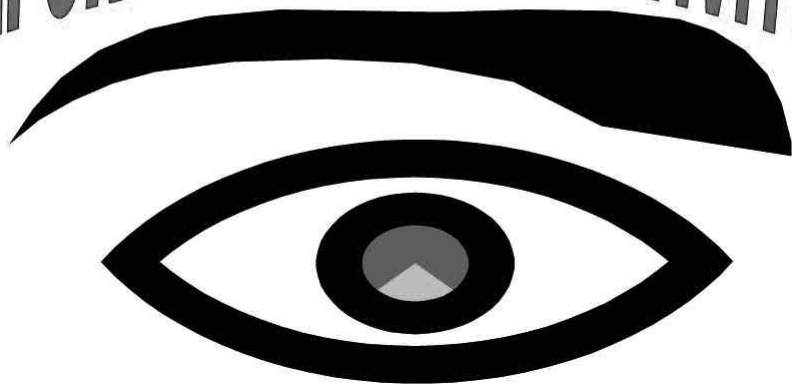
Never leave the Soldier unattended!

911 & ICE:

At the first sign — every time.

FORCE PROTECTION THOUGHT OF THE WEEK

REPORT SUSPICIOUS ACTIVITY



Missed an issue of the paper?
Catch up on your Fort Jackson news
with
Victory Updates at
<http://www.vimeo.com/user3022628>

Program provides parents crucial skills, lends support

By **THERESA O'HAGAN**
Family and MWR

Under the Army Family Covenant, the Family Advocacy Program has been able to add services such as the New Parent Support Program.

The NPSP is a voluntary program designed to help families cope with stress, isolation, pre-deployment and post-deployment issues and the demands of parenthood.

This program is designed to assist families who are away from home and therefore do not have the help and support of family members and friends back home.

The NPSP services include home visits, support groups and parenting classes. Programs are designed to help families cope with stress, isolation, pre- and post-deployment issues and the demands of parenthood.

Licensed social workers and registered nurses from the Family Advocacy Program provide home visitation and education. These home visitors are sensitive to the unique challenges facing

military families.

The program is open to expecting active duty and retired military parents, active duty parents with children up to 3 years old, retired military guardians of dependent children up to 3 years old, single military parents and teen dependents.

Home visitation services are ongoing, intensive home visiting services. When possible, visits are initiated during the prenatal period. Visits are a minimum of every two weeks. Home visitation services are designed to engage fathers and partners. The NPSP home visitation services focuses on three key areas.

Pregnancy issues — Education and support on community services, fetal growth and development, childbirth, bonding, father's role, emotional changes and breastfeeding and nutrition.

Childhood issues — Child development, parenting classes, play and activities and parenting support groups.

Family issues — Stress management, relationship discord, financial referrals, sibling rivalry, single parenting, deployment, behavioral problems and emotional support.

Classes and other services offered under NPSP are as follows:

Positive Parenting 101 — This class is for parents interested in learning tips and skills to build positive relationships

with their children while effectively managing their behavior. This class can be tailored to parents of children of all ages.

Baby Basics — This class is designed for expecting parents. Parents learn about the basics of taking care of a baby. Topics include: diapering, dressing, bathing, handling and feeding the baby. Parents will also receive a free gift.

Play group — This is a fun time for parents to informally meet each other while participating in activities with their children. Activities may include story time, crafts, songs and free play. Play group is a time to not only bond with the children, but also connect with other military families.

Breastfeeding Support Groups — The NPSP has two breastfeeding support groups. The La Leche League group is for expectant moms and nursing moms of infants and toddlers. Mothers receive information and support about breastfeeding, and also connect with other moms. The evening breastfeeding support group is for mothers and fathers to receive information and support about breastfeeding.

To learn more about New Parent Support Program home visitation services or any other of the classes offered call 751-6304/1071 or the Family Advocacy Program at 751-6325.

Current EDGE! classes

❑ **Bananarama** — 3:30 to 5 p.m., Mondays, 5955-D Parker Lane. Learn to make various treats using bananas. For ages 9-15.

❑ **Animation Station** — 4 to 6 p.m., Tuesdays, 5955-D Parker Lane. Learn how animation works, using flip books and computer software, and create an animated short film. For ages 11-18.

❑ **Wet & Wild Wednesday** — 3:45 to 6 p.m., Wednesdays, 5955-D Parker Lane. Take a trip to Weston Lake and go out on a paddle boat, canoe, kayak or just swim. The program culminates

with a cookout. For ages 10-16.

❑ **Toon Time** — 3:30 to 5 p.m., Wednesdays, 5955-D Parker Lane. Learn to draw cartoons from an expert. For ages 10-15.

❑ **Let 'er Roll Bowling** — 3:30 to 5 p.m., Wednesdays, Century Bowling Center. Learn to bowl like the pros. Wrap up with a bowling tournament and pizza party. For ages 8-15.

❑ **Clever Clay Creations** — 3:30 to 5 p.m., Thursdays, 5955-D Parker Lane. Make jewelry, animals, people, bowls and much more. For ages 9-15.

❑ **Around the World with EDGE!**

— 3:30 to 5 p.m., Fridays, 5955-D Parker Lane. Play games, cook dishes, make crafts from different countries. For ages 8-14.

The EDGE! offers free classes as part of the Army Middle School and Teen Initiative for those 11 years old. For children 9 and 10, classes are \$5 per hour. Register online at <https://webtrac.mwr.army.mil> or at Parent Central Services, 3392 Magruder Ave. "Like" the Fort Jackson EDGE program on Facebook. Door-to-door transportation also available. Call 751-3053 for information.

FMWR calendar

THURSDAY

- ❑ Visit **Century Lanes** for food, fun and bowling.
- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for Mongolian BBQ buffet.
- ❑ **Magruder's Pub and Club** is open for lunch.
- ❑ **Victory Bingo**, 2 to 11 p.m.
- ❑ Sleepy story time, 6:30 to 7 p.m., **Post Library**. Come in your PJs, and go home ready for bed.

FRIDAY

- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the Blue Plate Specials.
- ❑ **Victory Bingo**, starts 2 p.m.
- ❑ Artistic Expressions with Jake, 6:30 p.m., Teen Room at the **Youth Services Center**.
- ❑ Dance to a variety of music provided by DJ Randall at **Magruder's Club**, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Be early for happy hour, 4:30 to 7 p.m. Appetizers are available, while supplies last.

SATURDAY

- ❑ Jackson James activity/informational fair for family members, 9 a.m. to 1 p.m., **Youth Services Center**.
- ❑ **Victory Bingo**, starts 1 p.m.
- ❑ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.
- ❑ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the **NCO Club**. Cover charge is \$5 for civilians and \$3 for military.
- ❑ Buy one wing, get one free at **Magruder's Club and Pub**.

SUNDAY

- ❑ **Victory Bingo**, starts 10 a.m.
- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for Sunday brunch. Coat and tie are not required. Call 751-4906 or 782-8761 for reservations.

WEDNESDAY

- ❑ Get your party on at the **NCO Club**, 8 p.m. Cost is \$5 for military, \$7 for civilians. New DJs. Join in for Morale Call 8 p.m. at the NCO Club's Liberty Lounge.
 - ❑ Wednesdays at **Club NCO** are now Working Women's Wednesdays with specials for the ladies, starting 10 p.m. Club NCO features three bars.
 - ❑ Karaoke night with Tom Marable, **Magruder's Pub**. Cost is \$3 for military, \$5 for civilians.
 - ❑ Victory Readers Club, 6-8 p.m., **Post Library**
 - ❑ **Magruder's Pub and Club** happy hour, 4:30 to 7 p.m.
- For a complete calendar of FMWR events, visit www.fortjacksonmwr.com.



Follow the **Fort Jackson Leader** on
Twitter at <http://twitter.com/FortJackson-PAO>
for breaking news, videos and more.



Watch
Fort Jackson videos at
<http://www.vimeo.com/user3022628>

Families should give vaccines a shot

Immunizations important in preventing epidemics

By **CARLLA E. JONES**

*U.S. Army Public Health Command
(Provisional)*

Why are immunizations so important? It is always better to prevent a disease than to have to treat it later. Immunizations were developed to prevent disease in the people who receive them. Immunizations also help protect people who come in contact with others who have not been immunized. Immunization-preventable diseases such as influenza, tetanus and measles can cost a family time and money because of doctor visits, lost duty and training time and hospitalizations. When children get sick with immunization-preventable diseases, their parents often lose time at work.

WHO SHOULD GET IMMUNIZED?

Each person has a unique medical profile that includes current overall health, use of prescribed medications and family and personal disease history that can influence decisions about immunizations.

In addition, some people should not be immunized or should wait to get certain immunizations. Soldiers and their families should work closely with their health care providers to choose the best overall health strategy, including choices and timing of immunizations.

Soldiers preparing to deploy may require certain addi-

tional immunizations for diseases such as hepatitis A, hepatitis B and typhoid/paratyphoid fever, depending on the health risks they will face in the deployed location.

HOW DO IMMUNIZATIONS WORK?

A weakened form of disease germs are injected into the body. The body makes antibodies to fight these invaders. If the actual disease germs ever attack the body in the future, the antibodies will still be there to destroy them.

HOW DO PEOPLE REACT TO IMMUNIZATIONS?

In most cases, immunizations are effective and cause no side effects or mild reactions like fever or soreness at the injection site. Sometimes, people who receive an immunization do not respond to it and may wind up getting the illness anyway. Very rarely, serious allergic reactions occur. In order to help avoid an allergic reaction, Soldiers and their family members should tell their health care providers about any known allergies to medications or food (like eggs).

Although immunizations have resulted in reducing most immunization-preventable diseases to very low levels in the United States, many diseases are still quite common — and sometimes at epidemic levels — in other parts of the world. Soldiers and Army civilian employees who are deployed and/or on TDY in other parts of the world can unknowingly bring these diseases back to the United States.

If we were not protected by immunizations, these diseases could quickly spread to a lot of people, causing an epidemic.

A successful immunization program depends on everyone being involved to make it work. So, “take one for the



Leader file photo

Immunizations are important because it is better to prevent diseases than to treat them later.

team” and make sure that your immunizations are up-to-date, and make sure your family is protected, too. Consider immunizations as a key weapon in the battle against immunization-preventable disease.

For more information, visit these sites:

❑ Military Vaccine Agency, <http://www.vaccines.mil/default.aspx?cnt=disease/diseaseHome>

❑ CDC, <http://www.cdc.gov/vaccines/>

MACH updates

PATIENT ENROLLMENT

While MACH is currently unable to enroll adult active duty family members, there are open pediatric TRICARE Prime enrollment spaces for active duty families.

Other family members may choose from a list of primary care managers who are in the TRICARE Prime civilian network.

OUTPROCESSING

Soldiers must clear the Department of Behavioral Health, Army Substance Abuse Program, Social Work Services prior to leaving the installation. Outprocessing includes a review of medical records and provides an opportunity for the Soldier to receive behavioral health care at his or her gaining installation.

Outprocessing hours are 2 to 3:30 p.m., Monday through Friday at MACH Room 10-71 or 10-103. For more information, call 751-2235.

APPOINTMENTS

Call 751-CARE (2273) to make an appointment with a MACH provider. Call toll-free at 877-273-5584. To cancel an appointment after hours, call 751-2688. Visit the MACH Web page at <http://www.moncrief.amedd.army.mil> for more information.

Water best choice in hot summer months

By **STEVEN A. CARRERAS**

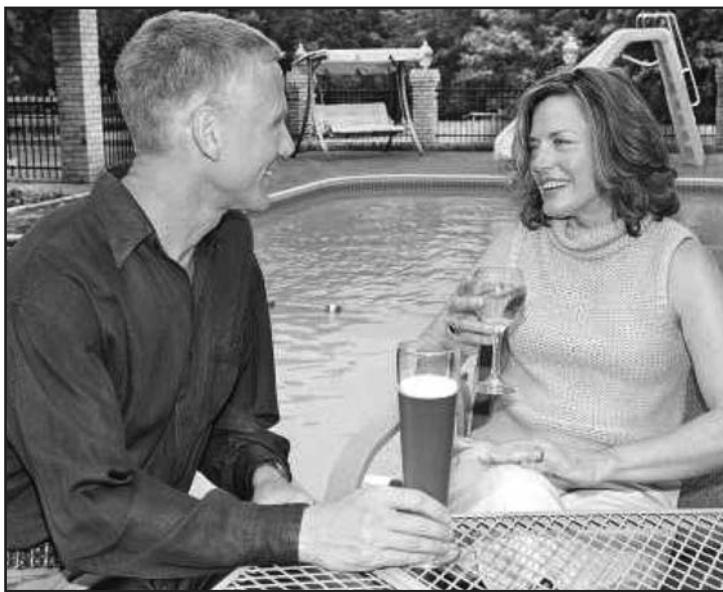
*U.S. Army Public Health
Command (Provisional)*

With summer at its peak, many people will be outside enjoying the warm weather. For those who like being outside — whether gardening, mowing the lawn, playing sports, boating or just getting some sun — it is wise to remember that reaching for a “cold one” should mean reaching for a non-alcoholic drink, such as water or a sports beverage.

Proper hydration is a key factor in the prevention of heat-related illnesses like heat exhaustion or heat stroke. People exposed to heat should keep themselves hydrated with fluids that are non-alcoholic. Humidity affects the body’s ability to sweat efficiently, thereby increasing the potential for a heat-related illness; humidity also should be considered a risk factor when going outside.

A good rule of thumb is to increase one’s fluid consumption when going outdoors in the heat, regardless of activity.

Alcohol is a diuretic that causes the body to dehydrate and



Metrocreative graphics

Alcoholic drinks, which increase the chance of heat-related illness, should be avoided during the summer.

raises blood pressure. As such, alcohol increases a person’s chances of heat-related illness or death from prolonged exposure in the sun and hot weather.

According to the U.S. Centers for Disease Control and Prevention, symptoms of heat exhaustion include heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting or

fainting.

Symptoms of heat stroke include a body temperature above 103 degrees Fahrenheit, dizziness, nausea, confusion, red, hot and dry skin, rapid, strong pulse and unconsciousness. Seeking medical attention is recommended for symptoms associated with heat illness.

People of all age groups can be affected by extreme heat; how-

ever, the most vulnerable are the elderly and young children, including infants.

Alcohol also affects the body’s central nervous system, which can impair a person’s thinking and judgment, for example, when operating machinery such as lawnmowers or yard tools.

The U.S. Coast Guard reports that those operating a boat while under the influence of alcohol are at risk for serious accidents and even death.

In 2008, alcohol consumption accounted for 17 percent of all boating deaths and was the No. 1 contributing factor in fatal boating accidents.

Common sense approaches to outdoor enjoyment include avoiding strenuous activities or exercise during the hottest times of the day; increasing one’s (non-alcoholic) fluids during outings; making use of shaded places (such as underneath trees); staying indoors when the weather is hot; and avoiding alcoholic beverages to help avoid heat-related illnesses.

Remember, summer is a time for enjoyment and relaxation — avoid alcohol, drink plenty of hydrating fluids and pace yourself.

Muslim holiday marked by fasting

By **CHAPLAIN (LT. COL.)
ABDUL-RASHEED MUHAMMAD**
U.S. Army Chaplain Center and School

Muslim Soldiers and their family members throughout the Greater Columbia area, as well as the national and international Muslim community, began observing the holy month of Ramadan (the Month of Fasting) starting this week.

The holiday is observed for 29 or 30 days, depending on the year. At the completion of Ramadan, Eid-al-Fitr (the celebration of fast breaking) takes place on the first day of the succeeding month, or the month Shaw'wal. This year, the first day of Shaw'wal will begin Sept. 10. There is a 10-day difference between the lunar and solar calendars each year.

Ramadan is the ninth month of the Islamic calendar. It is also the month in which the first verses of the Quran were revealed to Muhammad by the angel Gabriel in the year 610.

Fasting during Ramadan is the fourth of the five pillars upon which Islam is based and it is obligatory for every healthy and able-bodied man and woman to observe the fast.

This spiritual act increases the sense of unity and brotherhood for Muslims worldwide. Ramadan is the month in which every day is a day of fasting. The period of fasting is from dawn (approximately 90 minutes before sunrise) until just after sunset. During these hours, one may not eat or drink.

Muslims believe that fasting is an act of pure submission to God's command, which is given in the Quran. Fasting has many benefits, but its true significance is to develop a sense of complete obedience to the one who created all people and gave them physical and spiritual needs and the means to fulfill those needs.

While many benefits to a person's health come through fasting, such as the elimination of fatty substances from the blood and a decrease in the harmful activity of intes-

tinal microbes and uric acid, it should be emphasized that all these benefits are not the main objective of fasting.

Muslims fast solely because God commands them to do so as devout and obedient servants to his will and through his grace learn self-restraint and discipline of morals that will ultimately benefit the total person.

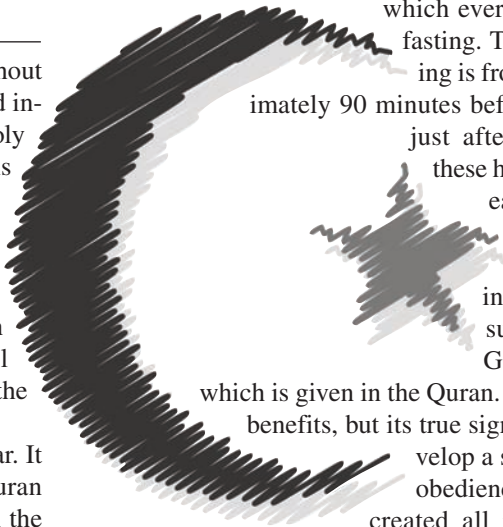
Eid is a day of thanksgiving and rejoicing for the fulfillment of the obligations of fasting according to God's command.

On the morning of Eid, at sometime after sunrise and before midday, a special congregational prayer is offered, followed by a sermon from the imam of the community. A period of marked joy and happiness follows the prayers with large feast and festival given sometime during the day and continues with related festivities for the next two days.

Fort Jackson's Muslim Soldiers and family members will celebrate with an iftar meal, 7 to 9 p.m., Sept. 5 at the Main Post Chapel.

We pray for those who will fast, as well as those who have the intention to fast but cannot due to various exemptions.

Call Chaplain (Lt. Col.) Abdul-Rasheed Muhammad for more information at 751-8878 or e-mail: *abdul.r.muhammad@us.army.mil*.



PROTESTANT

- Sunday
9 a.m. and 10:30 a.m. Magruder Chapel
9 a.m. Daniel Circle Chapel (Gospel) service at the Post Theater
9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
9:30 a.m. Main Post Chapel
9:30 a.m. Solomon Center (Hispanic)
9:40 a.m. Moncrief Army Community Hospital
10:45 a.m. Post-wide Sunday School (Main Post Chapel)
11 a.m. Memorial Chapel
11 a.m. Chapel Next, Bayonet Chapel
- Wednesday
6 p.m. Prayer Service Magruder Chapel

Protestant Bible Study

- Monday
7 p.m. Women's Bible Study (PWOC — Main

- Post Chapel, Class 209)
- Wednesday
7 p.m. Anderson Street Chapel
7 p.m. Gospel Mid-week prayer/Bible study Magruder Chapel
7 p.m. Gospel Congregation's Youth (Magruder Chapel)
- Thursday
9:30 a.m.-noon Women's Bible Study (PWOC, Main Post Chapel)
6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)
7 p.m. LDS Bible Study (Anderson Chapel)
- Saturday
8 a.m. Men's Prayer Breakfast (Main Post Chapel, (every second Saturday of the month in Chapel Fellowship Hall)

PROTESTANT YOUTH OF THE CHAPEL

- Saturday
11 a.m. Magruder Chapel (third Saturday)
- Sunday
5 p.m. Main Post Chapel

CATHOLIC

- Monday-Thursday
11:30 a.m. Mass (Main Post Chapel)
- Sunday
8 a.m. Mass (Solomon Center)
11 a.m. Mass (Main Post Chapel)
9:30 a.m. CCD (Education Center)

- 9:30 a.m. Adult Sunday School
12:30 a.m. Catholic Youth Ministry
8 p.m. McCrady Chapel (SCARNG), McCrady Training Center
- Wednesday
7 p.m. Rosary
7:30 p.m. RCIA/Adult Inquiry

ANGLICAN/LITURGICAL

- Sunday
8 a.m. Anderson Street Chapel

ISLAMIC

- Sunday
8-10 a.m. Islamic Studies (Main Post Chapel)
- Friday
12:30-1:45 p.m. Jumah Services (Main Post Chapel)

JEWISH

- Sunday
9:30-10:30 a.m. Memorial Chapel
10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

CHURCH OF CHRIST

- Sunday

11:30 a.m. Anderson Street Chapel

LATTER DAY SAINTS

- Sunday
9:30 a.m. Anderson Street Chapel

ADDRESSES, PHONE NUMBERS

- Daniel Circle Chapel**
3359 Daniel Circle, corner of Jackson Boulevard, 751-4478
- Main Post Chapel**
4580 Strom Thurmond Blvd., corner of Scales Avenue, 751-6469
- Bayonet Chapel**
9476 Kemper St., 751-4542
- Family Life Chaplain**
4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780
- Anderson Street Chapel**
2335 Anderson St., corner of Jackson Boulevard, 751-7032
- Education Center**
4581 Scales Ave.
- Magruder Chapel**
4360 Magruder Ave., 751-3883
- 120th Rec. Bn. Chapel**
1895 Washington St., 751-5086
- Memorial Chapel**
4470 Jackson Blvd., 751-7324
- Chaplain School**
10100 Lee Road, 751-8050

4-10th takes active-duty softball title

*Golf continues;
flag football set for
September start*

By **CHRIS RASMUSSEN**
Fort Jackson Leader

The 4th Battalion, 10th Infantry Regiment Dawgs battled back to beat the 1st Battalion, 61st Infantry Regiment Roadrunners, 16-6, and take the active duty softball championship title Monday.

Down, 6-2, in the fourth inning, the Dawgs rallied in the fifth for six runs, taking advantage of three costly errors by the Roadrunners. Up, 8-6, the Dawgs added eight more runs to seal the victory.

The Dawgs end the first half of the season with a 11-1 overall record, 7-1 active duty record. The team's only loss came to MEDDAC.

"I attribute our success this season to teamwork," said Rick Moore, Dawgs coach. "There are no attitudes on this team whatsoever. Everyone played a role in getting this championship trophy."

The Roadrunners placed second this year and MEDDAC came in third place.

The Dawgs earned the No. 1 seed in the playoffs and were given a first-round bye. During the second round they defeated the Roadrunners and sent them to the loser's bracket on Aug. 4. The Roadrunners fought their way back, however, beating the Task Force Marshall Shock-

ers, 5-3, to get to the championship game.

In recreation league play, Christian Players defeated Strictly Business in two games to claim the championship. Christian Players won the first game, 21-1, and the second game, 15-13.

SOFTBALL CHANGES BEGIN

The second half of the softball season begins next week with a shortened schedule and a big change — the combination of both active duty and recreational teams.

"This upcoming season will be one big league," said Cindi Keene, sports coordinator. "There will be no separation of recreation and active duty."

The shortened schedule and combining of leagues is because of the large number of rainouts that lengthened the first half of the season, Keene said. The top four teams will compete in the end of season tourney.

GOLF UNDER WAY

Fourteen active duty golf teams and 17 recreation golf teams are playing every Tuesday at the Fort Jackson Golf Club. The season ends in September.

FLAG FOOTBALL SET TO BEGIN

Letters of intent for flag football, which is open to active duty only, are due Sept. 22. For more information, call 751-3096.

Chris.Rasmussen@us.army.mil



Photos by CHRIS RASMUSSEN

Willie Parker pitches for the 1st Battalion, 61st Infantry Regiment Roadrunners during the active duty championship game Monday against the 4th Battalion, 10th Infantry Regiment Dawgs. The Dawgs won, 16-6.



Command Sgt. Maj. William Huffin, 171st Infantry Brigade, hands Dawgs coach Rick Moore the active-duty championship trophy Monday.



Right, the 4th Battalion, 10th Infantry Regiment Dawgs huddle after defeating the 1st Battalion, 61st Infantry Regiment Roadrunners.